

Broccoli Strawberry Orzo Salad

Prep time: 15 minutes

Makes: 6 Servings

Ingredients

3/4 cup orzo pasta (uncooked)

2 cups fresh broccoli (chopped)

2 cups fresh strawberries (diced)

1/4 cup sunflower seeds

Lemon Poppy Seed Dressing:

1 tablespoon lemon juice (fresh or bottled)

2 tablespoons apple cider vinegar

2 tablespoons olive oil

1 teaspoon sugar (or honey)

poppy seeds (1 teaspoon, optional)

Directions

1. Cook orzo pasta according to directions. Drain and rinse with cold waer.

2. In a large bowl, combine orzo pasta, broccoli, strawberries, and almonds. Drizzle with lemon poppy seed vinaigrette and toss to combine.

3. Season with salt and pepper. Chill in refrigerator until ready to serve.

South Haven Health System - Community Fit!

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	146	
Total Fat	8 g	
Protein	4 g	
Carbohydrates	17 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	30 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/4 cup
Grains	1/2 ounce
Protein Foods	1/2 ounce